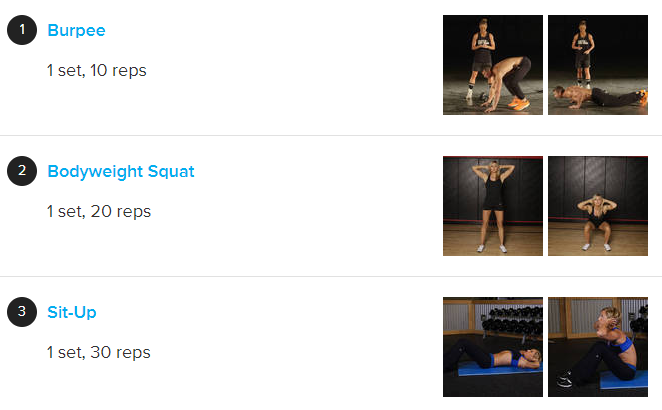
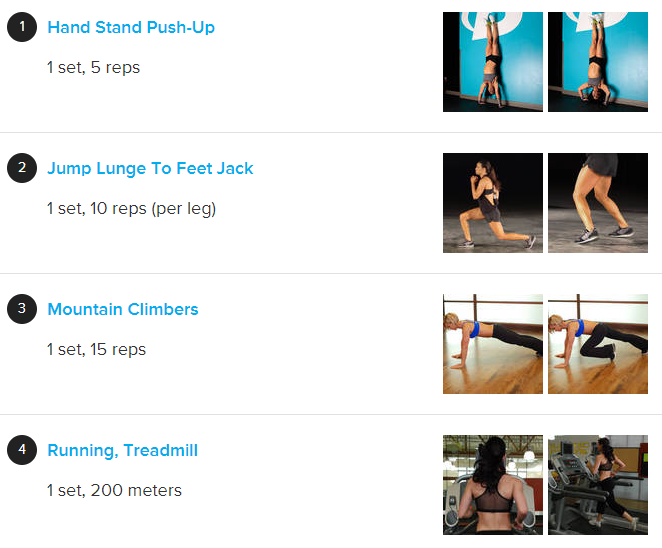
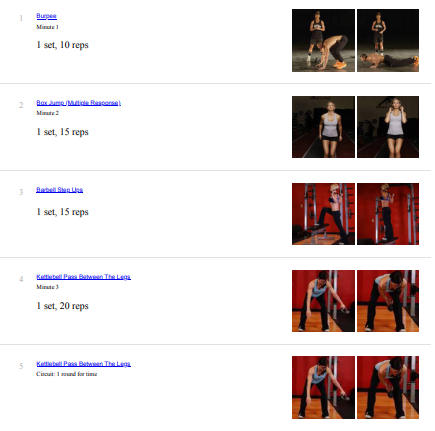
Workou 1



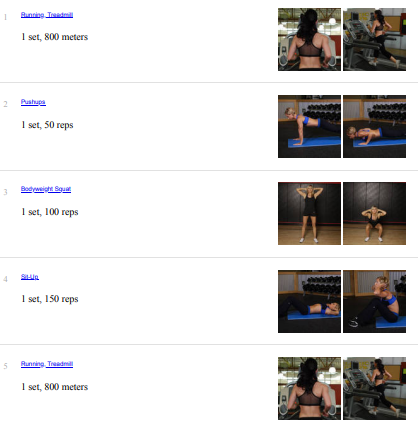
Workout 2



Workout 3



Workout 4



Workout 5

